



**Pu-Erh-Tee - the emperor's tea: Lower cholesterol, burn fat, reduce cardiac and circulatory problems, deal with diabetes: applications of Pu-erh-tea in its homeland China**

*Peter Carl Simons*

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Leading Chinese scientists, but also the Chinese medicine men knew for centuries about the positive health effects of genuine Pu-erh teas from the chine-Saxon Yunnan province. In Europe, the results are largely ignored or fought with a ferocity that strong, so that one wonders whether which interests are actually being enforced by it: The well-being of the population or the profits of the pharmaceutical industry? The experienced health and nutrition expert Peter Carl Simons dedicates his new book to this tea, which is largely unknown in Europe, although successes in its application have ben enthusiastically reported in China for generations.

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